

# **Britton-Hecla**



# **Athletic Handbook**

# **BRITTON- HECLA ATHLETIC PHILOSOPHY**

## **BRAVES TEAM PHILOSOPHY**

Participating on a Team at Britton-Hecla High School is a PRIVILEGE. The players and coaches make up the TEAM. In the context of the TEAM the individual must make some sacrifices. You must put your TEAM goals and objectives above your own. You must accept position changes with the understanding that it will make you and your TEAM better. You must dedicate yourself to the TEAM because when a group of players play together and never give up, they are hard to beat. This is the kind of TEAM we are going to be!!!!!!!

## **STUDENT ACTIVITIES**

The Britton-Hecla Public School offers a wide range of activities in which students may choose to participate. Hopefully, all students will involve themselves in at least one or two activities during the school year. Activities are an important part of the school program. Our basic philosophy emphasizes that athletics are justifiable only to the extent that they are desirable experiences. All the athletic activities in the Britton-Hecla School District shall be an outgrowth of, and closely coordinated with, the general instructional program and with the other departments of the school. In today's society, a high premium is placed on the emotional and social adjustment of the individuals and their interrelationship with group activity. Athletics provide such an educational experience. An attempt shall be made continually to encourage as many students as possible to share in the benefits of athletic participation. While broad participation is to be encouraged, it is a privilege to compete as a team member for the Britton-Hecla School District.

The athletic program shall be directed so that the welfare of all students will be the primary concern. Athletic competition provides a portion of the laboratory of education. The skills, techniques and theories presented are an integral element of physical training.

## **EQUAL OPPORTUNITY, NOT EQUAL TIME**

It is impractical to give equal time to each athlete because they all have different needs. It is more important to give each athlete equal opportunity to take advantage of our desire to work with all of the athletes. Those who are willing to give more of themselves in training and competition gain the most benefit from our coaching.

## **PARTICIPATION**

### **Grades 7 - 8**

Coaches in grades 7 and 8 are to place participation of all students above all other considerations in their contests. It is fun to win, but at the 7th and 8th grade level, it is the philosophy of the athletic department that each child should have an opportunity to participate, and that participation is more important than winning. If the coach knows that the student will not participate because of disciplinary reasons or other reasons, then the student should not dress in game uniform and the coach should notify the parents as to why the student is not participating.

At Junior High tournaments, the coach should use their discretion as to who plays and how much they play. If the decision is made that winning in the tournament is the number one priority, then the coach should discuss this with the team members so that they are aware of the decision in advance.

## C - SQUADS

The C-squad will consist basically of freshmen and some sophomores. This team will only be provided if there are too many athletes to play on the B- squad. At this level the same playing opportunity will be provided as on the 7th and 8th grade. The student/ athlete should try to improve his/her skills so that they are ready to move up to the B-squad and finally the varsity.

## IV OR B - SQUADS

This is the next step for the student athlete to improve his/her skills in a chosen activity. At this level the athlete is preparing themselves for advancement to the varsity level and the coach will be much more selective on which athlete will receive most of the playing time. Students are not guaranteed playing time, but they will all be given the opportunity to display their skills. Most players at this level have worked hard in their training, and should have a much more competitive level of participation.

## VARSIITY

At the varsity level the team is competing for conference, and post- season championships and playing time and playing skills become highly competitive. Only the athlete that works hard all the time during the season and summer will see the result of their work. You will obtain nothing if you do nothing to improve your skills in your chosen activity. The coaches will also be much more selective of the athletes they use during games. Students/athletes at this level must realize that they are contributing to the total team effort by continuing hard work in practice to help make themselves and their teammates better. Every successful team has players with various roles to play and each role is important to the team. At no time is any athlete guaranteed any amount of playing time; they must earn that right.

## WHAT DOES THE COACH EXPECT FROM HIS OR HER ATHLETES?

In an attempt to become champions, we must also learn to be champions in the game of life. Below are the high standards and guidelines that we expect from our athletic:

- \* Act like a Champion- Always - remember your character is built when no one is watching
- \* Excel in the class room - You will either pay the price now, or you'll pay a bigger price later!
- \* Expect to Win - Doubters don't win. Winners don't doubt.
- \* Play Hard - Always give your best.
- \* Play with Enthusiasm - Enthusiasm shows you are having FUN!!!!
- \* Play Smart - Stay focused and maintains a high level of concentration.
- \* Never Give Up - People who won't quit, succeed.
- \* Be Coach-able - These are the people you win championships with.
- \* Be Mentally Tough - Don't panic and break under pressure!
- \* Always Have a Positive Attitude - I can't stand negative people!
- \* Don't Make Excuses - Learn to accept responsibility for your actions.
- \* Be a Leader - Leaders are people who show the way and lead by example.
- \* Always put the Team First - Selfish and self-centered people can't.
- \* Work hard in practice - This is the time you earn the right to play for Championships.
- \*Expect Proper Care of and Return school issued uniforms.
- \*Dress appropriately and properly as determined by head coach and weather.
- \*Athletes must ride bus to all activities, unless permission is granted from parent and principal.
- \*Athletes are expected and encouraged to ride bus home, unless permission is granted from parent and principal.

## **TEAM CONDUCT**

To play Athletics here at Britton/Hecla High School is a privilege not a right. You will be expected to act in a manner that you respect this privilege. Remember, as a part of BHHS Athletics programs you are a representative of your family, your program and the Britton-Hecla school system, so act in a manner that all parties would be proud. Severe cases of misconduct could possibly cause removal from the team.

## **TRAINING HOURS REQUIREMENTS:**

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training hours. Students have to decide if they want to be athletes. If you wish to be an athlete "you have to pay the price" in order to be a competitor. A big part of this is following a simple set of training hours, which the department of athletics believes to be fair.

In-Season - Participants will be home by 12:00 am on weekends. (Friday - Saturday nights) Curfew for weekdays will be 10:30 pm (Sunday-Thursday) and the night before an activity. Should school activities last later than this, students will be given adequate time to return home. Any exceptions must be cleared with the coach, unless a parent or guardian accompanies the participant.

## **ABSENCES**

Unexcused absences, we believe, display a lack of commitment and self-discipline to the team. The consequence of an unexcused absence will result in reduced playing time and extra conditioning at the next practice. Second - unexcused absence is dismissal from the team.

If you any reason, you are or will be late or absent, you are expected to notify one of the coaches immediately. The whole season is a team commitment and every person holds responsibilities to the total team effort. By informing the proper people, we can plan accordingly.

## **LETTERING POLICY**

Varsity lettering policy will be decided on by head and assistant coaches.

## **INJURY PARTICIPATION**

If you are injured or cannot participate, for any period of time, you are still required to attend all practices, games, meetings, etc. and to still be a member of the team. All unexcused absences and conduct rules still apply.

## **ELIGIBILITY & ACTIVITY TRAINING RULES**

The following guidelines will be used when determining eligibility for activities. A student must be passing six classes. Eligibility will be determined at midterm and the end of each nine week period. If a student is deemed ineligible he/she will not be allowed to participate in extracurricular activities for a one week period (Seven days - Monday to the next Monday). Ineligible students will have grades checked at weekly intervals (each Friday) until the student becomes eligible. During academic suspension, students may practice and travel with the team as long as no school time is missed. In addition to midterm and quarterly eligibility requirements, all students must follow SDHSAA requirements for eligibility. If a student is not passing 6 classes at the end of a semester, he/she will not be eligible until the following mid-term. If the student is still not passing 6 classes at mid-term, he/she will not be eligible until the end of the nine weeks.

## ATHLETE/ACTIVITY TICKET

Any 9-12 students participating in athletics must have a student activity ticket before they will be issued a uniform.

### BAND & CHORUS EXCEPTION:

Student participation at ball games and concerts is part of their grade. Therefore Band & Chorus members will be excluded from the Academic Eligibility policy in these instances.

Students participating in extra-curricular activities are required to abide by the following activity rules year round.

- 1) No consumption or possession of alcohol
- 2) No use or possession of tobacco products
- 3) No use or possession of illegal (controlled) substance
- 4) In-school or out-of-school suspension

Violation of these rules will result in the following:

- 1) First violation – One event or one week, whichever is the greater
- 2) Second violation – Six weeks of non-competition or 4 weeks of non-competition if student completes an approved drug and counseling program.
- 3) Third violation – One year of non-competition, or six months of non-competition if student completes an approved drug and counseling program.
- 4) When a student goes 12 months without an additional violation, he/she will move back one level in the consequences. In order for a student to successfully finalize a penalty, the student must complete the activity season.

Reporting – All violations are reported to the administration in the following ways:

- 1) The athlete may admit the infraction to the administration. If he/she reports to the coach or athletic director, that person must report it to the administration.
- 2) The sheriff's department or probation officer may inform the administration.
- 3) An adult or staff may report the infraction through a signed statement, which will be shared with the accused.

The administrator and the student need to discuss the infraction on a weekday with the penalty beginning on the first contest following that discussion. Students participating in music and drama events sanctioned by the SDHSAA are also to uphold these rules. All students are to follow the South Dakota High School Activities Association Code of Ethics and the states eligibility rules for extracurricular activities. These are on file with the athletic director, coaches and administration.

Violations are accumulative from year to year. Junior high students' records will be kept separate from senior high students. When a junior high student reaches the senior high, he/she will start with a clean record. If they are in the process of serving a one (1) year suspension, they must complete that year of suspension before eligibility will be restored to them. When a student goes 12 months without an additional violation, he/she will move back one level in the consequences.

Example: A student has two violations as a freshman, has no violations as a sophomore; his/her next violation will be treated as a second violation instead of his/her third violation.

## **SDHSAA ELIGIBILITY FOR EXTRACURRICULAR ACTIVITIES**

You are not eligible if:

- You have reached your 20th birthday.
- You have attended more than four (4) first semesters and four (4) second semesters of school (any total of 8) in grades 9 through 12. Enrollment in school for fifteen (15) school days or participation in an inter-school contest shall constitute a semester.
- You are not passing in twenty (20) hours of high school work per week, in courses approved for graduation for the current, as well as the preceding, semester.
- You've graduated from a regular 4-year high school or institution of equivalent rank.
- You have not enrolled by the sixteenth (16th) school day of the current semester. Date of regular entry into classes is considered the date of enrollment.
- You have been absent from school more than ten (10) consecutive school days. (Illness of the student or a death in the immediate family will be accepted.)
- You have transferred from one high school to another without a corresponding change in the residence of your parents.
- You do not have on file in the principal's office, a signed physical examination, and parent's permit form.
- You have ever participated in an athletic contest under an assumed name.
- You have ever participated in athletics in any institution of learning of higher rank than a standard secondary school.
- You have violated your amateur standing. During a high school sport session, you compete as an individual or a member of another team.
- South Dakota High School Athletic Association requires a student to have passed 5 classes from the previous semester in order to be eligible to compete in high school activities.
- Britton-Hecla School requires that a student be passing a minimum of 6 subjects each 9 weeks period in order to be eligible for extracurricular activities during.

## **ATHLETES CODE OF ETHICS**

If I am selected to represent Britton-Hecla School in any athletic program, I am sincerely interested in contributing my best to the success of our program during the upcoming season. I therefore agree to conduct myself according to the following code of ethical behavior. I also realize that in the case I don't live up to this agreement that I may be penalized.

- Be sincere and loyal at all times to my coach, my team and my school.
- Be respectful and cooperate with all my coaches.
- Work hard and strive for improvement.
- Put my team's success ahead of individual glory.
- Create, maintain and promote the elements of good sportsmanship.
- Be worthy of the responsibility of representing my school at home and away.
- Create, maintain and promote good team morals.
- Preserve moral attitudes.
- Be responsible for all athletic equipment entrusted to me for my use, and return it to the school in the best possible condition.
- Set an example in school, at home, and while participating in any event so others will look up to me and respect me and so that I will add something positive to the athletic program.

## **SOCIAL NETWORKING EXPECTATIONS**

The Britton-Hecla Athletics Department recognizes its student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. Each student-athlete must remember that they represent the Britton-Hecla School District, and are expected to portray themselves, their team, and the Britton-Hecla Athletics, in a positive manner at all times.

If you participate on a social networking site:

- Everything you post is public information.
- Texts or photos are out of your control once placed online.
- Use caution when adding or inviting friends.
- Limit information about your location or plans.
- Use of disrespectful comments and behavior online will not be tolerated by the Britton-Hecla Athletic Department. This includes but is not limited to:
  - Comments or photos that depict unlawful or prohibited conduct.
  - Derogatory, defamatory, harassing, or discriminatory posts related to teammates, a coach or coaching staff, or the Britton-Hecla Athletics Department, that will adversely affect team chemistry.
  - Comments that create a serious danger to the safety of another person or that constitute a credible threat of emotional or physical injury to another person.

Situations involving any of the above activity will result in a meeting with the Athlete, Parents, Coach, Principal, and Athletic Director. The results of that meeting could range from just having the meeting, to different levels of suspension. Those involved in that decision will be the Coach and Administration.

This applies to all students in the Britton-Hecla School District playing/participating on school sponsored activities in grades 7-12. It is in effect for 365 days a year. All penalties will be administered during the sport that has been adversely affected.

## **SOCIAL MEDIA CONDUCT**

Not at anytime will a student/athlete at Britton-Hecla High use any type of social media to degrade other teams and its member, or there own team and its member, including their coach. If you are compelled to use any social media to express your feelings, please use it in a positive and encouraging manner. If you choose to disobey these rules then you will be expected to have to deal with the following consequences:

**1<sup>st</sup> Offense** – suspended for one game – submit a written apology to victim or victims.

**2<sup>nd</sup> Offense** – suspended for three games – submit a written apology to victim or victims.

**3<sup>rd</sup> Offense** – suspended from the team – submit a written apology to victim or victims.

## **PARENTS CODE OF CONDUCT:**

**The Britton-Hecla School believes parents play a vital role in the development of student-athletes. We ask that you read this code of conduct and follow its guidelines to show good sportsmanship and to be a positive role model for your athletes. Thank you for your cooperation.**

- I will encourage sportsmanship by being a Positive Role Model.**
- I will try my best to make athletics a positive experience for everyone involved, i.e., participants, coaches, officials and spectators**
- I will insist my son/daughter treat other players, coaches, officials and fans with respect.**
- I will reinforce the school's drug and alcohol free policies and refrain from use of alcohol and other drugs before and during the contests.**
- I will do my best to understand and appreciate the rules of the contest.**
- I will show appreciation for an outstanding play by either team.**
- I will be a "team" fan, not a "my child" fan.**
- I will help my child learn that success is measured by development of skills, not winning or losing.**
- If I have a concern, I will talk to the coach at the appropriate time and place, i.e., never before, during, or immediately after a contest.**
- I will do my best to remember my ticket to a school athletic event provides me with the privilege to observing the contest, not berating officials, coaches or players.**

## CONCUSSION POLICY/RETURN TO COMPETITION

Any player, following a blow, bump, or jolt to the head, who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, balance problems, blurred vision, slurred speech, seizures or vomiting) shall strictly adhere to the following procedure:

1. The athlete will be immediately removed from play and assessed as soon after the impact as possible. This is NOT a diagnosis! If a concussion is suspected proceed to #2
2. The athlete should be evaluated by a health care professional trained in evaluation and management of concussions (At no time should any person without professional training attempt to judge the severity of the injury).
3. Inform the athletes parents or guardians about the possible concussion and provide them with a fact sheet on concussions.
4. Keep the athlete out of play the day of the injury and will NOT be allowed to return to competition or practice until a District approved health care professional, determines the athlete is symptom-free and is cleared to return. The Britton-Hecla School Board has identified the following professionals as approved Health Care Professionals qualified to clear an athlete to return to competition: Medical Doctor (MD), Physician's Assistant (PA), Nurse Practitioner, or a Certified Athletic Trainer (The South Dakota High School Activities Association recommends a five (5) day minimum return to play protocol)

**\*\*\*The Return to Competition form is attached to this policy below.**

# Britton-Hecla School – Sports Medicine

## RETURN TO COMPETITION

This form is to be used after an athlete is removed from and not returned to competition after exhibiting concussion symptoms. The athlete should not be returned to play until written authorization is obtained from an appropriate health care professional and the parent/guardians. Appropriate health care professional shall be determined by each SDHSAA member school. This form should be kept on file at the school and need not be forwarded to the SDHSAA Office.

Athlete: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Sport: \_\_\_\_\_ Date of Injury: \_\_\_\_\_

## REASON FOR ATHLETE'S INCAPACITY

\_\_\_\_\_  
\_\_\_\_\_

## Guidelines for Returning to an Activity after a Concussion

Note: Each step should be completed with no concussion symptoms before proceeding to the next step.

1. No activity, complete rest with no symptoms.
2. Light exercises: walking or stationary cycling with no symptoms.
3. Sport specific activity without body contact and no symptoms.
4. Practice without body contact and no symptoms. Resume resistance training.
5. Practice with body contact and no symptoms.
6. Return to game play with no symptoms.

Note:

1. If symptoms return at any time during the rehabilitation process, wait until asymptomatic for 1 full day, then re-start at the previous step.
2. Never return to competition with symptoms.
3. Do not use "smelling salts".
4. **When in doubt, sit them out.**

## HEALTH CARE PROFESSIONAL'S ACTION

I have examined the named student-athlete following this episode and determined the following:

\_\_\_\_\_ **Permission is granted** for the athlete to return to competition

\_\_\_\_\_ **Permission is not granted** for the athlete to return to competition

COMMENT: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

Medical Doctor, Physicians Asst, Nurse Practitioner, or  
Certified Athletic Trainer

\_\_\_\_\_ Date: \_\_\_\_\_

Acknowledged by Parent/Guardian

\_\_\_\_\_ Date: \_\_\_\_\_

Acknowledged by School Administrator, Athletic Trainer or Head Coach

Adopted: 09/13/10

Revised/Reviewed: **11/13/17**

# Britton-Hecla Athletic Handbook

Please sign the following form and turn it in to the athletic director's office.

We have read, understand and will abide by the terms, rules, expectations, ethics, conduct and policies of the Britton-Hecla Athletic Handbook. We also understand that any violation of the handbook may constitute an offense. Should we commit any violation of the handbook, my privileges may be revoked; school disciplinary and/or appropriate legal action may also be taken.

Student (s) Name: \_\_\_\_\_

Student (s) Name: \_\_\_\_\_

Student (s) Name: \_\_\_\_\_

Student (s) Signature: \_\_\_\_\_

Student (s) Signature: \_\_\_\_\_

Student (s) Signature: \_\_\_\_\_

Parents/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_